

Sliced Strawberries

Nutrition Facts

18 servings per container

Serving size 1/2 Cup (10g) Dry
(about 1/2 Cup prepared)

Amount per serving

Calories **35**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 18mg **2%**

Iron 1mg **6%**

Potassium 159mg **4%**

Vitamin C 68mg **80%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Enjoy as a snack right out of the can or rehydrate to add to your favorite fruit salad, smoothie, trail mix, cereal, yogurt, muffins, desserts and more.

TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Cover Freeze Dried Sliced Strawberries with warm water.
3. Let stand 5 to 10 minutes, stirring occasionally.
4. Drain excess water and serve.

JAM RECIPE *(keep refrigerated)*

Yield: Single batch.

1 cup of strawberries

3/4 cup water

1/3 cup of sugar

2 tablespoons of pectin

Cover strawberries with water. Add sugar to strawberries and stir well until sugar is dissolved. Slowly add pectin while stirring to prevent lumps. May add additional water to desired consistency. Keep refrigerated.

INGREDIENTS: Freeze dried strawberries.

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